



# COMMUNITY NEWS

Downtown District

Vol. 61 September 2009 Scottsdale Police Department District 2 Station 3700 N. 75<sup>th</sup> St, Scottsdale AZ 85251 (480) 312-5000

## H1N1 FLU Update

In April 2009, the novel H1N1 flu (referred to as “swine flu” early on) was first detected in people in the United States. This was a new virus that health officials knew very little about and the outbreak intensified rapidly in just a few weeks. Travel advisories were issued, schools closed and a lot of information was released about the number of cases and rising death count.

While the media attention was decreased over the summer, the Centers for Disease Control (CDC), World Health Organization (WHO) and local health officials have continued to monitor cases and study pandemic flu trends.

History, over the past century, has shown that a pandemic flu frequently returns a short time later with a higher number of cases and the potential to be more severe. As kids return to school, campaigns are beginning nationwide to educate parents, businesses and the community on how to reduce your chance of getting sick and limiting the spread of the virus.

### Flu Facts and Prevention

On June 11, 2009, the World Health Organization declared the first Pandemic in 41 years. This action was a reflection of the spread of the new H1N1 virus, not the severity of illness caused by the virus. Most people who have become ill have recovered without requiring medical treatment.

The CDC estimates that between April and June 2009, more than 1 million cases of novel H1N1 flu occurred in the United States. The symptoms of novel H1N1 virus in people are similar to the symptoms of seasonal flu. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

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## From The Desk Of Commander Johnny Cervantes

When it comes to crime prevention, one of the best things we can do is make it inconvenient and difficult for criminals to commit crime. We continue to see a high number of property crime committed where desirable property was in plain view. We have seen a sizeable increase in the number of GPS devices attached to dash boards. When the items are left in plain view they become a desirable target for vehicle burglars. Please pass the word to remove valuables from vehicles or place them out of sight, lock your vehicles and roll up your windows, park in well lit areas, use a anti-theft device (steering wheel lock and alarm system) and enroll your car in the Watch Your Car Program [www.azwatchyourcar.com](http://www.azwatchyourcar.com)

In addition to securing your property and vehicles become involved in your neighborhood. Saturday, August 27<sup>th</sup> was the Kick-Off for the 2009 Getting Arizona Involved in Neighborhoods event. The annual event known as G.A.I.N, is Arizona's version of National Night Out. The Kick Off event brought Neighborhood Watch Captain's together to share stories, ideas and to provide resources to all of the Scottsdale neighborhoods hosting parties on October 3<sup>rd</sup>. The G.A.I.N. parties are a way to bring neighbors together to meet each other and discuss ways to make their neighborhood a safer place by looking out for one another. The Kick-Off that was held at the Via Linda Senior Center was a huge success! If you are interested in more information about the October 3<sup>rd</sup> G.A.I.N event please contact Neighborhood Watch coordinator Joy Racine at 480-312-2342.

**Commander Johnny Cervantes**  
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The novel H1N1 flu spreads from person to person, probably much in the same way that regular seasonal influenza viruses spread. However, because this is a new virus, most people will not have immunity to it and illness may be more severe and widespread as a result.

**The Center for Disease Control (CDC)  
recommends the following guidelines to help  
prevent the spread of germs:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone, without the use of a fever-reducing medicine, except to get medical care or for other necessities. Keep away from others as much as possible to limit exposure to others.
- Be prepared in case you get sick and need to stay home for a week or so. A supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

**For more information visit the following web sites:**

Maricopa County Public Health <http://www.cir.org/>

Centers for Disease Control H1N1 <http://www.cdc.gov/>

Arizona Department of Health Services  
<http://www.azdhs.gov/>

For more information on crime prevention or additional opportunities to get involved in YOUR community contact Crime Prevention Officer Craig Abernethy at (480) 312-2594 [cabernethy@scottsdaleaz.gov](mailto:cabernethy@scottsdaleaz.gov) or District 2 Police Aide Randee Short at (480)312-2074 [rshort@scottsdaleaz.gov](mailto:rshort@scottsdaleaz.gov)

## City of Scottsdale Mediation Program

The purpose of the Mediation Program is to provide a way for people to resolve conflict peacefully and to reach a mutually satisfactory solution. Usually the disputes involve neighbors or other situations where people may continue to have contact. Mediations involve helping people resolve a problem or conflict in a safe, non-threatening environment. In a mediation session each person explains the problem, what they want and what they are willing to do to resolve the problem.

Utilizing the Mediation Program is a good option for many reasons. There is no cost for services and they are available at various times and locations throughout Scottsdale. Most importantly, unlike arbitration or the court system, the people in conflict have the opportunity to actively participate in the session with the goal of producing their own agreement, instead of having decisions made for them by others.

After mediation, staff is available to provide additional assistance as needed. The Mediation Program is provided by the City of Scottsdale for residents who live in Scottsdale. For more information contact 480-312-8255.

## Upcoming Events:

### **Prescription Drug Destruction**

**Turn in your unused/expired prescription and over-the-counter medication for safe disposal. Police officers will be on hand to collect your medication. This is a free service.**

**-Saturday October 3, 2009 8am-12pm**

**-Scottsdale Healthcare – Osborn Campus (see flyer)**

**-Thursday October 15, 2009 4p.m.-6p.m.**

**-4248 N. Craftsman Ct**

For more information call Officer Craig Abernethy at 480-312-2594.

## Public Safety Community Contact Numbers and E-mail Links

- **Scottsdale Police Non-Emergency** 480-312-5000
- **Scottsdale Fire Department Non-Emergency** 480-312-8000
- **SPD Drug Enforcement Hotline** - Suspected illegal activity, 480-312-TIPS (Hot lines are not monitored)
- **SPD Traffic Enforcement Hotline** - chronic traffic problems, 480-312-CARS
- **Code Enforcement** 480-312-2546
- **Child Safety Seat Installation** 480-312-BABY
- **CPR/First Aid Classes** 480-312-1817